



November 17-23, 2014

Cycle 3

Food portions at breakfast and lunch will be served as required by the Healthy Hunger-Free Kids Act of 2010.

For more information, please visit the FNS website:

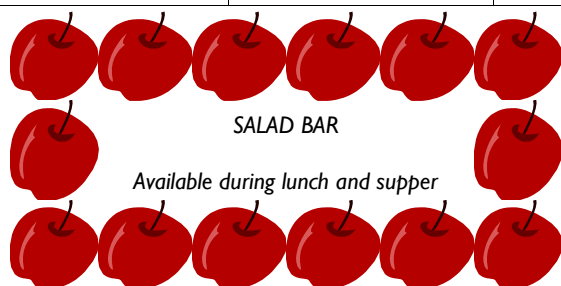
<http://www.fns.usda.gov/cnd/governance/legislation/nutritionstandards.htm>



Some menu suggestions  
By Yucca Residence

**\*\*Please note: Items are subject to change based on availability without prior notice\*\***

Mon 17	Tue 18	Wed 19	Thu 20	Fri 21	Sat 22	Sun 23
Fidel's fixin's Call in for menu 770.3696	WW toast or WG cinnamon French toast Mixed fruit Apple juice Hard cooked egg Milk (syrup)	Fidel's fixin's Call in for menu 770.3696	WW toast or WW turkey sausage bagel Pears Orangerine juice Milk	Fidel's fixin's Call in for menu 770.3696		
Cheese crisp Seasoned pinto beans Peaches Milk (lettuce/salsa)	Fidel's fixin's Call in for menu 770.3696	WG popcorn chicken Sweet potato gems WG pasta salad Mixed fruit Milk	Fidel's fixin's Call in for menu 770.3696	Beef fingers Fries Fruit Animal crackers Milk		
BLT Corn Green beans Apricots Milk	Tony's choice Call in for menu 770.3696	Hotdog on bun SS potatoes Chili con carne CC fruit rollup Milk (cheese sauce)	Tony's choice Call in for menu 770.3696	<i>Have a wonderful and safe break week  Happy Thanksgiving</i>		<i>November 30, 2014</i> Hamburger on WW bun or Veggieburger on WW bun Twister fries Baked beans Sidekicks Milk (lettuce/tomato slices/pickle slices/onion slices)



- ♦ 1% and fat-free milk offered at every meal
- ♦ fat-free chocolate milk will be offered at lunch and supper every Tuesday and Thursday
- ♦ fat-free strawberry milk may be offered occasionally

**Criteria for a meal to be reimbursable:**

- ⇒ **Must have 3 components (one component must be fruit or vegetable) at breakfast**
- ⇒ **Must take the fruit or vegetable component and 2 other components from 5 different components (food groupings) at lunch**

Breakfast: 6:45-7:45am Monday-Friday	
Lunch: 11:30am-1:10pm Monday-Thursday	Supper: 4:30-6:00pm Monday-Thursday
11:30am-1:00pm Friday	4:30-5:30pm Friday
Saturday & Sunday Lunch: 12:15-1:15pm	Saturday & Sunday Supper: 4:45-5:45pm

**If you have questions about this menu, please call the Food Service Department at 520.770.3696 or send an email to [jeanne.foster@asdb.az.gov](mailto:jeanne.foster@asdb.az.gov)**

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